

# NEIGHBORHOOD UNIVERSITY

## NEIGHBORHOOD UNIVERSITY

2002 International City Management Association Award Winner

### PROMOTING COMMUNITY PRIDE AND EXCELLENCE!



The Neighborhood University is a community enrichment program, established in 1999 by the City of Norfolk's Department of Neighborhood and Leisure Services. It is dedicated to providing the highest quality training to citizens of Norfolk to improve the condition of neighborhood housing, the

vitality of neighborhood organizations, and overall quality of community life. Courses are intended to engage, inform and equip citizens with the training and technical assistance needed to help build the capacity of residents to be better advocates for their communities. The NU provides opportunities for networking and sharing practical ideas for problem solving, decision making and managing community development initiatives. This is achieved by cultivating community interest and neighborhood support, orienting citizens to specific policy issues and government practices, and informing citizens of available resources.

All Neighborhood University courses  
are open to the public.



Krispy Kreme is a sponsor of the Neighborhood University program.  
Fundraising opportunities are available.  
Contact Krispy Kreme at (757) 497-4878.  
Located at 4901 Virginia Beach Blvd., Virginia Beach, VA 23462.

## REGISTRATION

To register, you must submit a completed registration form in writing. You may do so by:

- Mailing your registration to Neighborhood University, Division of Neighborhood Services, 501 Boush Street, Norfolk, VA 23510;
- Faxing your registration to 441-5423.
- Using the web site at [www.norfolk.gov/neighborhoods/Services/university.asp](http://www.norfolk.gov/neighborhoods/Services/university.asp)

Additional registration forms are available by photocopying or calling 441-2400. Please note that registration information will not be accepted over the phone.

Many of our courses have a maximum enrollment and fill quickly. Submission of registration information does not constitute automatic enrollment. Written confirmation of enrollment will be mailed, prior to the beginning of each course, to the address provided on the registration form. Registration information will not be accepted prior to the "Beginning Registration Date" listed for any course.

## COURSE LOCATIONS

Neighborhood University courses are offered at a variety of locations. For directions please contact the Division of Neighborhood Services at 441-2400.

### BOT • BOTANICAL GARDEN

6700 Azalea Garden Road, Norfolk, VA 23518

### DPH • DEPARTMENT OF PUBLIC HEALTH

830 Southampton Boulevard, Norfolk, VA 23510

### EMC • ERNIE MORGAN ENVIRONMENTAL ACTION CENTER

3500 Granby Street, Norfolk, VA 23504

### GMB • GRANBY MUNICIPAL BUILDING

401 Monticello Avenue, Norfolk, VA 23510

### GHS - GRANBY HIGH SCHOOL

7101 Granby Street, Norfolk, VA 23503

## UNDERSTANDING ENVIRONMENTAL CODES 101

Help create and maintain safe and healthy communities, expand cooperative efforts, enhance community-oriented government and work toward environmental code awareness and enforcement. Skills such as partnership building, prevention tactics and problem solving are all essential tools that will be taught in a supportive atmosphere. Various city agencies will facilitate discussions. Registration begins January 21, 2003.

Course	Site	Day	Time	Date
Codes 101	DPH	Tu	6:00pm-9:00pm	5/1-22

## UNLEASHING THE POWER OF PERSONALITY

How can understanding your personality type enhance your leadership ability? This class uses Myers-Briggs Type Indicator (MBTI) to empower students to focus the strength of their individual personality type in building valuable partnerships. MBTI is a self-report personality inventory designed to give people information about their psychological type preference. It leads students to a greater understanding of how they can utilize this knowledge to become more effective leaders in their neighborhoods and everyday lives. Registration begins January 24, 2003.

Course	Site	Day	Time	Date
Power of Personality	BOT	Sa	9:00am-11:00am	3/8,15

## IMPROVING NEIGHBORHOOD HEALTH

This series of seminars empowers citizens to improve their individual health, while empowering neighborhoods to alter the physical and social conditions that directly affect their health. Education is the first step towards decreasing the rate of incidence of preventable illnesses and diseases. Certification for emergency health procedures such as First Aid and CPR will be provided. Registration begins February 24, 2003.

Course	Site	Day	Time	Date
Adult CPR	DPH	Tu	6:00pm-9:00pm	4/1
Healthy Living w/Diabetes	DPH	Tu	6:00pm-8:00pm	4/8
First Aid	DPH	Tu	6:00pm-8:00pm	4/15
Your Start To A Healthy Heart	DPH	Tu	6:00pm-8:00pm	4/22
Breast & Prostate Cancer Awareness	DPH	Tu	6:00pm-8:00pm	4/29
Adult CPR	DPH	Th	6:00pm-9:00pm	6/5
First Aid	DPH	Th	6:00pm-9:00pm	6/12

## GRANT WRITING 101

This two-day seminar provides detailed instruction on the grant writing process, to include examination of resources and evaluation of the grant application and guidelines. Registration begins March 10, 2003, for the April course, and April 25, 2003, for the June course.

Course	Site	Day	Time	Date
Grant Writing 101	GHS	M	6:00pm-9:00pm	4/21, 28
Grant Writing 101	GMB	Sa	9:00am-12:00pm	6/7, 14

## CIVIC BOARD DEVELOPMENT

Give your civic association or neighborhood a boost. Enhance the skills, knowledge and tools of your board members. Civic Board Development is a two-day customized, comprehensive training course designed to accommodate the unique goals and resources of neighborhood associations such as civic leagues. Topics will include governance, meeting facilitation, group dynamics and communication. Registration begins March 26, 2003.

Course	Site	Day	Time	Date
Civic Board Development	DPH	W	6:00pm-9:00pm	5/7-5/14

# NEIGHBORHOOD UNIVERSITY REGISTRATION FORM

## REGISTRATION

To register, you must submit a completed registration form.  
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1. **MAIL** your registration to Neighborhood University, Division of Neighborhood Services, 501 Boush Street, Norfolk, Virginia 23510;
2. **FAX** your registration to (757) 441-5423; or
3. **E-MAIL** your registration form from the Neighborhood University web site: [www.norfolk.gov/neighborhoods/services/university.asp](http://www.norfolk.gov/neighborhoods/services/university.asp).

### OFFICIAL USE ONLY

Received By: \_\_\_\_\_ Date: \_\_\_\_\_

COURSE	ACC	DEC

### SPRING/SUMMER REGISTRATION FORM

*Incomplete registration forms will NOT be accepted.*

Mr.	Ms.	Mrs.	Full Name:
Street Address:		Daytime Phone:	
City:	Zip:	Evening Phone:	
Neighborhood:		E-Mail:	
Are you a Civic League Member?		Civic League Officer?	
Current Occupation:			
Are you in need of disability amenities?			
Spring/Summer Course Requests			
Course Title:		Course Date(s):	
How do you plan to use the knowledge gained from this course...			
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Additional registration forms are available by photocopying or calling (757) 441-2400. Please note that registration information will not be accepted over the phone. Also, **REGISTRATIONS WILL NOT BE ACCEPTED PRIOR TO THE BEGINNING REGISTRATION DATES LISTED FOR EACH COURSE.**

Many of our courses have a maximum enrollment and fill quickly. Please do not assume that you are automatically enrolled for every course for which you submit registration. Prior to the beginning of each course, **WRITTEN CONFIRMATION OF ENROLLMENT** will be mailed to the address you provide on this registration form.